

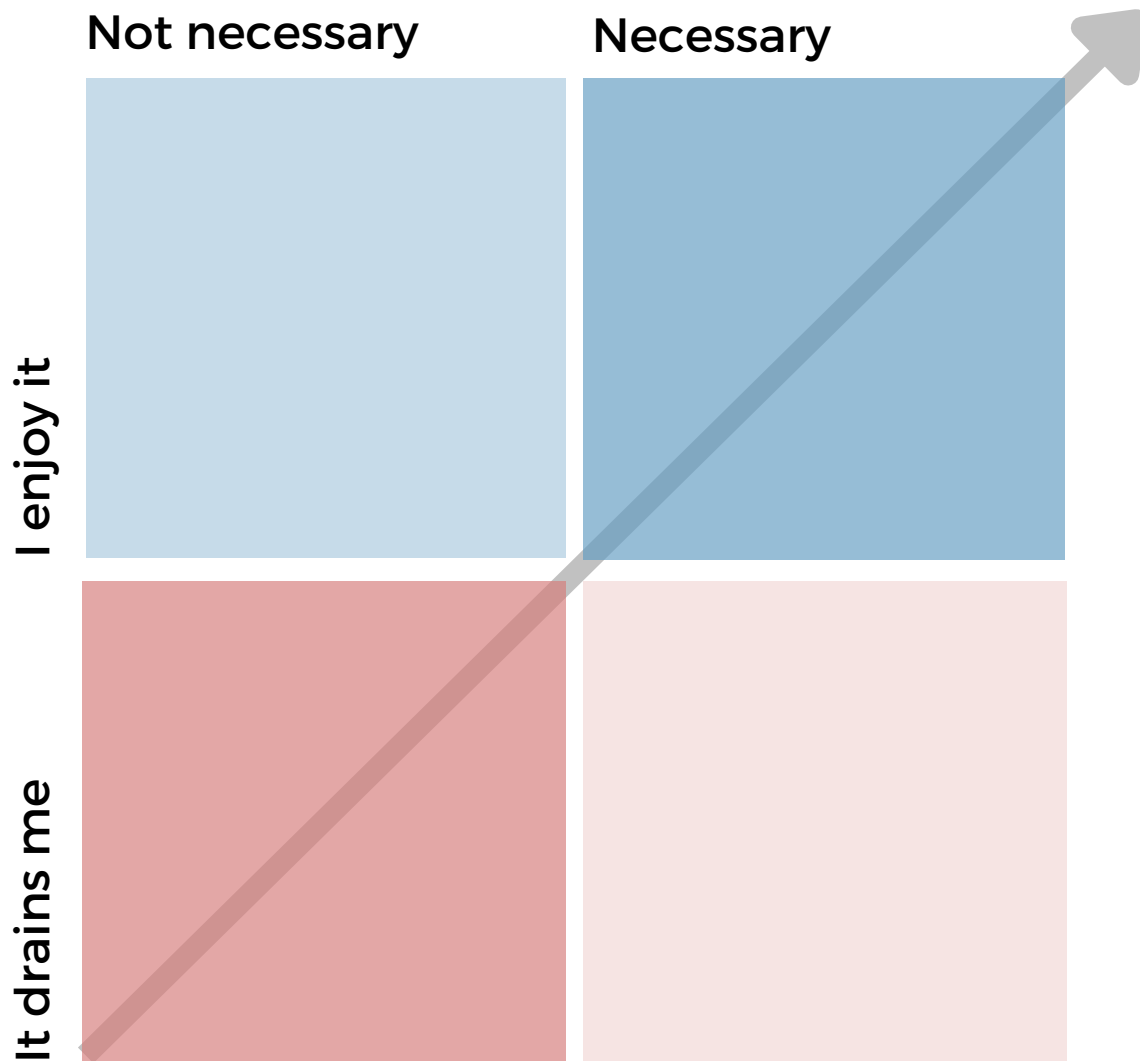


Prime your
awareness of
flow

Catalyst™ Time Matrix

EXPLANATION

Plot a typical day's tasks according to how necessary it is and how likely you will find that particular task joyful, easeful, or "fun" to complete (examples: email, grocery shopping, scrolling Instagram, etc).



When you have alignment in where you're spending time on things that enliven you, you're more likely to remain **motivated and flow-channeled**. Obviously, we must do necessary (and sometimes energy draining) tasks, but it's important to **ask yourself these critical questions:**
Do I need to be the one to spend time on this or **can I ask for help?**
What unnecessary **obligations can I eliminate?**
Where am I spending time that **no longer serves my greater purpose?**
Where can I **open up my calendar** to do more of the things I love?

NOW WHAT